

## PATENT CLAIMS

1. A pedal system for bicycles comprising a shoe insert, which can be fastened on a shoe and has a detent element, and a pedal, which can be fastened on the bicycle and can be rotated about an axis, and which pedal has a seat for the detent element, in which seat said detent element can be locked against elastic force, and from which seat same can be released by carrying out a rotating movement, characterized in that the seat is formed between two seat parts (13, 14), which are designed rotationally symmetrically with respect to the pedal axis, and which can be moved away from one another against elastic force in direction of the pedal axis.

2. The pedal system according to Claim 1, characterized in that the seat parts (13, 14) form or have receiving grooves facing one another.

3. The pedal system according to Claim 1 or 2, characterized in that one of the two seat parts (13, 14) can be moved against the force of at least one spring (11).

4. The pedal system according to one of the Claims 1 to 3, characterized in that one of the seat parts (13) is part of a first sleeve (5), which is supported rotatably with respect to the axis (2) of the pedal (1), and the other seat part (14) is part of a second sleeve (15), which is supported movably on the first sleeve (5).

5. The pedal system according to one of the Claims 1 to 4, characterized in that the first sleeve (5) is non-movable with respect to the axis (2) of the pedal (1), and the second sleeve (15) is the one, which can be moved against elastic force.

6. The pedal system according to one of the Claims 1 to 5, characterized in that at least one pressure spring (11) is provided as the spring, which pressure spring is supported with its one end on an abutment connected to the sleeve (5) and with its second end on the second sleeve (15).

7. The pedal system according to one of the Claims 1 to 6, characterized in that the first sleeve (5) is supported rotatably by means of ball bearings (6a, 6b) on the axis part (2) of the pedal (1).

8. The pedal system according to one of the Claims 1 to 7, characterized in that the detent element (20) is an elongated component which has a wedge-shaped designed area for positioning between the seat parts (13, 14).

9. The pedal system according to one of the Claims 1 to 8, characterized in that the detent element (20) has side surfaces, which have in particular centrally each one cam (22).

10. The pedal system according to one of the Claims 1 to 9, characterized in that the detent element (20) is connected to a control element (21), which acts centeringly with respect to the seat of the pedal (1).

11. The pedal system according to one of the Claims 1 to 10, characterized in that the control element (21), has supporting wings (21c) extending laterally of the detent element (20), the insides of which supporting wings come into contact or are in contact with outer surface areas of the sleeves (5, 15), which outer surface areas extend cylindrically and rotationally symmetrically

with respect to the pedal axis, and are curved with a radius, which is larger than the radius of the outer surfaces of the sleeves (5, 15).

12. The pedal system according to Claim 11 or 11, characterized in that the control element can be connected to the shoe.